

GET READY

Increasing physical activity levels has many benefits for patient with CKD:

- **Reduces the risk of heart disease:** Physical activity helps manage your blood pressure and cholesterol, makes your heart more efficient and improves the health of your blood vessels.
- **Improves muscle health:** Physical activity helps keep you strong and maintain your ability to carry out every day activities.
- Keeps you fit: As you become fitter you can do more with less effort helping you remain independent and have a better quality of life.
- Reduces stress, anxiety & depression leaving you feeling revitalized and relaxed.

GET SET

Set Your Goals:

Share your physical activity goals and health goals with health care providers, fellow patients, friends and family to create a support network to help you achieve them.

Split your main goal into smaller weekly realistic, achievable goals. For example:

- **Main Goal:** "In 6 months time I would like to be able to walk 3 miles per week"
- **Smaller Goals:** "By next week I will make sure I have a comfortable pair of shoes to start walking"; "Over the next two weeks I will go for a 10 minute walk before I start my dialysis."

Identify Potential Barriers that may prevent you from achieving your goals in advance and make a plan to overcome these barriers. For example:

"I will ask a work colleague who also wants to increase their activity levels to walk with me during our lunch break, that way when I don't feel like walking I will have someone to motivate me"

Set **SMART** goals:

Specific

Measurable

Achievable

Realistic

Time-based

GO

Walking.

Walking regularly is an easy, convenient way to increase your physical activity levels. Research has shown that walking 30 minutes per day most days of the week has many health benefits in patients with kidney disease. Using a pedometer to count the number of steps you take per day is a good way to monitor your walking activity. Starting at your current daily step count, increase your daily step count by 10% each week until you reach the recommended 10,000 steps per day.

Dialysis patients can increase physical activity levels during dialysis.

Taking part in physical activity during your dialysis session is a convenient way to increase your

activity levels in a supervised setting when you would usually be sedentary. Speak to your health care providers about getting equipment that will allow you to exercise during dialysis.

Monitoring the difficulty of your physical activity.

Using the 'Ratings of Perceived Exertion' (RPE) scale⁶ is a good way to measure how hard your physical activity is and to monitor your progress. This scale allows you to rate how difficult you feel any activity may be and ranges from 6 (sitting on the couch, no exertion) to 20 (extremely hard, the most difficult activity you have ever done). Ideally, physical activity should gradually be increased until RPE lies between 12 to 16.

Perceived Exertion

KEEP SAFE

Rating of Perceived Exertion Scale

6		
7	Extremely Light	Little or no effort.
8		How you feel lying in bed or sitting in a chair.
9	Very Light	Can talk or sing easily without feeling breathless.
10		
11	Fairly Light	
12		Target Range
13	Somewhat Hard	How you should feel with activity and exercise
14		Can just comfortably talk and not sing without gasping for breaths
15	Hard	
16		
17	Very Hard	How you feel with the hardest work you have ever done.
18		Cannot say more than a few words without gasping for breath.
19	Extremely Hard	Don't work this hard!
20		

Consult your doctor before you increase your physical activity or exercise.

You should NOT exercise if:

- You have chest pains or you have suffered a cardiac event in the last 6 weeks.
- You are short of breath at rest and you have visible swelling from fluid overload
- You have an acute infection or a fever
- You have poor diabetes or blood pressure control

Be aware of the following when increasing your physical activity:

- Stop any activity if you experience chest pain, dizziness or unusual shortness of breath.
- Sometimes you may have increased thirst levels when increasing your physical activity. Be aware of your fluid restrictions.
- Monitor your blood sugar closely during any activity if you have diabetes.

Slow your activity down if:

- You feel very tired or not able to continue
- You are too short of breath to talk
- You do not feel fully recovered after 1 hour
- You have an unusually high heart rate

EXERCISE RECOMMENDATIONS

Type	Frequency	Intensity	Duration
Aerobic Exercise Involves rhythmic activity of large muscle groups that can be continuously maintained. Examples include walking, jogging, cycling, rowing, swimming. Goal: Increase physical fitness; reduce cardiovascular risk	≥ 5 days per week	Moderate – Hard (RPE 12 -15; noticeable increases in heart rate and breathing)	≥ 30 minutes
Resistance Exercises Utilizes weight or resistance using free weights, weight machines, resistance bands, medicine balls or your own body weight. Goal: Increase muscle mass and muscle strength	2 – 3 days per week (non consecutive days)	Moderate – Hard (RPE 12 -15; 60 – 80% 1repetition maximum)	8 – 10 exercises targeting upper and lower body large muscle groups 10 – 15 repetitions
Flexibility Exercises Can be static (e.g. bending over to touch your toes with out bending your knees) or dynamic (e.g. high knees or back kicks). Goal: Increase range of motion; reduce exercise related injury risk	≥ 2 days per week (perform on the same days as aerobic or resistance exercises)		10 minutes targeting major muscle groups Hold each static stretch for 10 -30s Repeat each stretch 3 – 4 times
Balance Exercises Balance exercises include walking backwards, heel toe walking in a straight line or standing on one leg at a time. Goal: Fall prevention	≥ 3 days per week		

Based on American Heart Association and American College of Sports Medicine recommendations for physical activity in older adults⁷

HELPFUL LINKS

www.kidney.org/atoz/content/stayfit.cfm
www.britishrenal.org/AboutUs/Time/Exercise.aspx